

Mental Skills and Performance Coach

Mental Skills Training and Remote Consulting

Mental skills training is a way to increase an athlete's mental performance. There are a number of mental skills athletes need to be successful including confidence, motivation, energy management, focus, and goal setting. As a client, I understand that Ariana French will provide skills as well as techniques and advise me on ways to improve various aspects in both life and sport. Remote consulting can be done through various forms of technology including: Internet, phone, or video conferencing. I am aware of the limits to confidentiality through these platforms; however, I am assured that confidentiality is a vital response to this work.

Confidentiality

All athletes have the right to confidentiality. No one beside myself will have access to an athlete's information whether that be written or recorded. If it is okay with the athlete, I will record sessions for the purpose of being a better practitioner and being as detailed as possible to help the athlete. Apart from legally being asked to do so, the only circumstances in which I would break confidentiality are if an athlete expresses doing harm to themselves or another person or if there are indications of abuse.

Parents: parents of underage (under 18) athletes do have rights to their child's information. I encourage parents to reach out to their children first and ask about what they are learning in session.

Services

Services provided by the consultant, Ariana, will be within their scope of practice and competency.

1. The consultant, Ariana, will teach performance enhancement skills that will be applicable to sport, exercise, and various other areas of performance. These techniques will include, but are not limited to relaxation, communication, imagery, arousal management, and gratitude.
2. The consultant's, Ariana, goal will be to help participants with the services they are competent in. They will aid in performance through strategies such as goal setting.
3. The services provided by the consultant, Ariana, can also serve valuable in a team setting through team-building and encouraging team cohesion.
4. Requests for services can be booked via the consultants, Ariana, youcanbookme link: <https://afrencheffect.youcanbook.me>

Single Sessions

(Sessions are an hour long)

\$125 remote

Packaging

4 Sessions - \$425

8 Sessions - \$925

10 Sessions - \$1175

12 Sessions - \$1275

- Payments MUST be paid prior to beginning sessions with client which can be paid through either Venmo or Zelle using the information below:

Venmo: @AFrenchEffectLLC

Zelle: 205-527-9110 (Ariana French)

If the client participates in 50% or more of the sessions and decides to cancel, the client will not receive their money back.

If the client participates in less than 50% of the sessions, the client will receive 25% of their money back. **Scheduling**

We will discuss scheduling virtually after our first meeting. If possible, we will have consistent meeting times each week or bi-weekly. If that is not realistic for our schedules, we will discuss meetings for the following week after the current week's session.

Cancellations: If a client wishes to cancel or reschedule a meeting, he or she must notify the consultant, Ariana, at least 1 hour prior to the session. If Ariana is not notified of the cancellation, the client will be responsible for rescheduling the appointment and the make-up session will count as an additional individual or packaged session. As a general courtesy the consultant, Ariana, will wait 10 minutes before leaving the meeting.

Contact Guidelines

When contacting my consultant, I will give 24 hours for a response through email, text, or phone. I am aware of the boundaries set by my consultant for personal growth. I am aware of the importance to practice professionalism when contacting my consultant. I will contact my consultant in the following ways (I will notify the consultant via a text/email before calling):

Email: afrench@email.jfku.edu (Primary contact)

Phone: 205-527-9110 (Secondary contact) **Confirmation**

Were you referred by anyone? If yes, who?

By signing this form, I, _____ (client) agree to all conditions mentioned in this form and agree to pay the amount stated in the total cost of service line of this document.

_____	_____
Consultant Signature	Date

_____	_____
Signature of Client	Date

_____	_____
Signature of Parent/Guardian	Date (If client is under the age of 18)